



SO LONG, HARRY
DANIEL RADCLIFFE
DROPS THE WAND IN
HIS NEW FILM {page 9}

MY BULLY, MY FRIEND
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CROWN GEM
LONDON BAND'S
SONG RAISES CASH
TO FIGHT CANCER
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Minding everyone's business

► Program seeks to make city safer through proven crime-fighting model



ANGELA MULLINS
@METRONEWS.CA

The leaders of a program aimed at making London safer are turning their sights downtown.

Key to success will be getting the support of business owners ready to turn a keen eye to crime and suspicious activity.

Chris Olech, interim executive director of Neighbourhood Watch London, plans to start courting businesses as his group ramps up its Business Watch initiative. The project takes the time-tested Neighbourhood Watch model and puts it to use in the private sector. "We create the network ... where business owners watch over others in their community," Olech said.

The program — backed by city hall, London police and the fire

More info

► To learn more about Business Watch, call 519-661-4533 or go to neighbourhoodwatch.london.ca.

department — started on a trial basis about two years ago. Since then, Business Watch has brought about 50 members aboard. Olech hopes to double the number of participants in the next two months. From there, "the sky's the limit," he said.

In return for a small investment of time and commitment to report suspicious activity, businesses get a helping hand and information about how to make their stores safer.

"We want to let every business owner know the importance of helping each other," said Olech.

NBL.



► The London Lightning's DeAnthony Bowden brings the ball up court against Saint John's Courtland Bluford during Sunday's National Basketball League of Canada game at the John Labatt Centre.

ANGELA MULLINS/METRO

Lightning strike again at Mill Rats match

Gabe Freeman led all scorers with 29 points as the Lightning topped the Mill Rats 125-99, improving their first-place record to 21-6. There were 2,664 fans at the JLC. The Lightning, who recently clinched the first playoff spot in league history, host the Summerside Storm on Thursday at 7 p.m.



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news

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On the web at metronews.ca



Oakland officials are assessing the damage after the latest Occupy protests over the weekend. Watch at metronews.ca/video

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Comical. Creation



► Don Wright Faculty of Music students, from left, Christopher Dunham, 24, Erin Stone, 29, Stephanie Tritchew, 23, Andrea Nunez, 21, and David Diston, 26, play out a scene Sunday from Johann Strauss II's Die Fledermaus.

ANGELA MULLINS/METRO

UWOpera presents
Die Fledermaus

UWOpera will present the humorous operetta, which translated into English means The Bat, Feb. 3-5 and Feb. 10-12 in the Paul Davenport Theatre at Western's Talbot College. Tickets are available through The Grand Theatre box office at 519-672-8800 or tickets.grandtheatre.com. Dinner show packages are available by contacting The Windermere Manor.

Two Crown King's fundraiser song

► Rap tells personal story of loss, recovery ► Vocalist hopes Ben's Song can help others



ANGELA MULLINS
@METRONEWS.CA

London band Two Crown King has teamed up with a cancer-fundraising powerhouse to release an inspirational song about losing a loved one.

Ben's Song will make its iTunes debut on Saturday, about 4 ½ years after Two Crown vocalist Adam Dick penned the six-minute rap. All proceeds from the

single — scheduled for release on World Cancer Day — will benefit The Princess Margaret Hospital Foundation, a Toronto charity embraced by Skate4Cancer's Rob Dyer.

Dick wrote Ben's Song a couple of year's before Two Crown King was formed and has only shared it with a limited number of people.

Based around a friend's experience of losing his mother to brain cancer,

Ben's Song is meant to be hopeful and cathartic, Dick said.

"This is simply our version of a story that's been told a million times," the 30-year-old Londoner said. "If this song can help anyone else who's ... gone through the same thing, then that's what it's there for."

Since the music and lyrics were written exclusively by Dick, they have a much different feel than

what Two Crown King fans might be used to, the vocalist said.

He described the sound as early '90s rap with verses written from Ben's perspective and the chorus written from his mother's. While he's been asked multiple times if Two Crown will record the song, Dick's always resisted the idea until now.

"It was too special ... to just kind of throw on an album and forget about," he

On the web

► For more of a look at the musicians and inspiration behind Two Crown King's cancer fundraiser, check out benssong.com.

said. "We decided a couple of months ago this would be a nice way to honour the song and Ben's mom. ... We can give people the song and give back at the same time."

LTC spruces up bus stops with blue signs

London bus stops will get a new look this spring.

The LTC will replace all 2,200 route signs across the city, getting rid of the yellow signs in favour of bigger blue ones.

The new markers will have white writing and be made of graffiti-resistant

materials.

They'll also allow riders to better track when the next scheduled bus will arrive, displaying a phone number to call and a stop ID, a similar service offered in other communities.

AM980/AM980.CA

Farewell to Fielding

London City Hall said goodbye Sunday to city manager Jeff Fielding, who worked his last day after an eight-year career here. Fielding announced in December he'd accepted a similar position with the City of Burlington.

AM980/AM980.CA

Police investigate rash of vehicle fires

London police say they're investigating a rash of vehicle fires that happened overnight Saturday. Police were called to the area of Whitney Street and Edgeworth Avenue just after 3:30 a.m. Sunday.

They say four vehicles were set on fire in the area,

but were extinguished.

Police say the investigation is ongoing and has been handed over to their criminal investigation division. Anyone with information is asked to call London police at 519-661-5670 or Crime Stoppers at 1-800-222-8477. AM980/AM980.CA

► Politicians are drafting legislation to combat bullying in schools ► But if they really want to tackle the problem, they'll have to delve deeper than kicking kids out
► Bullies can be victims too, as Metro Ottawa's managing editor discovered

SEAN MCKIBBON/METRO

Do kids know why they are bullying?

ALY THOMSON
IN HALIFAX

It's hard to admit that you are bullying someone. In fact, most children recognize their actions, but do not understand why they are doing it, said Dr. John LeBlanc, an associate professor of pediatrics at Dalhousie University in Halifax.

He said there are three components of bullying: An intent to harm, a power imbalance and repetition. So the person who is bullying is well aware of their actions, said LeBlanc.

"But they just don't know why."

He said it's hard "for someone who is bullying, for them to have the insight to say, 'Oh, I'm bullying. I better stop.'"

"Usually they are bullying because they want to bully. Children who bully do it for a reason. They're usually troubled children themselves," he said.

Consequently, it's rare for a child to stop the behaviour without some sort of intervention, he said.

"You can't expect the bully to stop it on their own, nor the victim. The victim is already in a weakened position," he said.

Expert advice

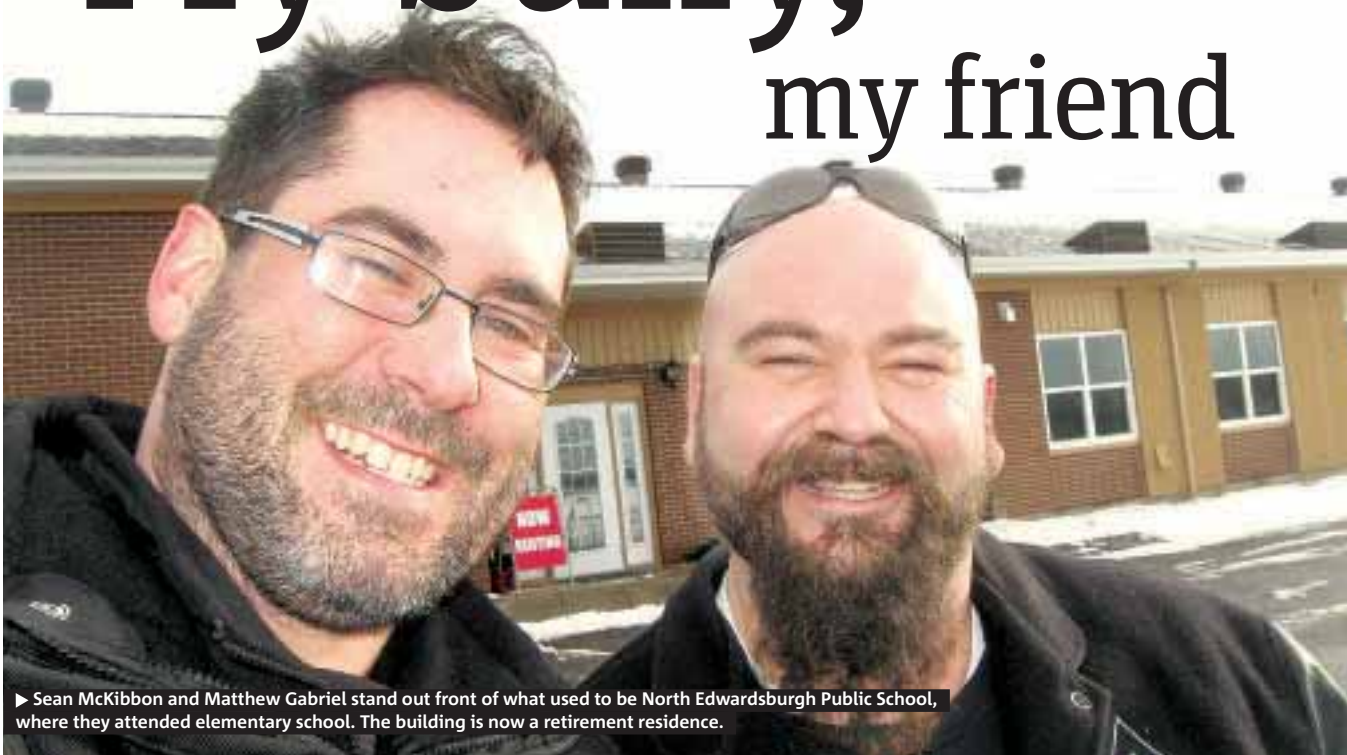
Dr. LeBlanc's strategies to prevent or stop bullying:

- Bullying amongst children should be dealt with in groups: Ask each child how they would feel if they were being bullied.
- In the "no blame approach," the adult asks the victim if the incident can be brought to a group that includes the child who is bullying. The group is then asked how they can help the child and sometimes, the child who is bullying will actually offer to help.



Should reformed bullies reach out to their victims or leave the past behind? Tweet us @themetrolondon.

My bully, my friend



► Sean McKibbon and Matthew Gabriel stand out front of what used to be North Edwardsburgh Public School, where they attended elementary school. The building is now a retirement residence.

SEAN MCKIBBON
@METRONEWS.CA
METRO CANADA IN OTTAWA

The day my childhood bully re-entered my life I felt all the old emotions: Fear, embarrassment, but mostly indignation.

All while looking at a computer.

I was catching up with old friends on Facebook when I got the friend request.

Are you kidding me? I thought.

I was a kid again, my ears burning, my shoulders tense.

Matt Gabriel was not my worst tormentor. We were once even pals. Then he started hanging around with older kids who bullied me as a group.

Tripping, pushing, names, fights, alienation. I felt then like I was walking around with a label on my forehead.

He kept sending friend

"It never felt good. It didn't feel right and it's not who I was inside."

MATT GABRIEL

requests. Each time I rejected him with a click and felt a nasty glee exacting a righteous revenge.

Finally he wrote: "Dear Sean: I keep asking for your friendship on Facebook and keeping getting denied — which is understandable. I am not looking for you to be able to forgive me for picking on you in public school a lot — but maybe just to give you some perspective. My mother was dying a terrible and painful death from cancer and I acted out quite a bit."

And then he apologized. I wrote back. I apologized too. I thought I'd moved on, but I'd been carrying around resentment. I looked at my own behaviour back then. Most of us kids at the bottom of the social order weren't any

kinder to each other than Matt and his cronies. Only thing was, Matt was man enough to reach out to people (not just me) to make amends.

Turns out the older kids that picked on us were getting beat up by even older kids.

"We were scared, but then we would go into school and do the same thing," he recalls.

Matt was physically bigger and began studying martial arts. Rather than be a victim he tried to intimidate others before they could go after him.

He realized in his 20s, while working as a bouncer, he didn't like where things were going. He'd just become a father and he didn't want to hurt people.

"I guess it was a process of maturing," he said. "Hurting people is wrong. And helping people is so easy. There's no negative emotions afterward."

He works in telecommunications now. He became

Tuesday in Metro: More on bullying

In the second instalment of our three-part series:

- We investigate the differences between boys and girls when it comes to bullying tactics.
- And we take a look at what we can learn from those TV bullies we love to loathe.

a union shop steward, he says, because he wanted to help and he found he was good at it.

Did he know as a kid he was doing something wrong?

"I don't know that you have that well-developed a sense of right and wrong when you're young," he says.

It sounds like a cop out, but I know Matt is right. It was easy for me to see when I was being wronged, but when I got into fights I always felt I was right.

"There were mixed messages coming at us, even from our teachers and parents," Matt says.

I have to agree again.

There were mixed messages: corporal punishment, religion, movies — all had a good guy fighting and punishing a bad guy.

Matt says he struggled with his mother's illness from kindergarten until Grade 8 when she died. He didn't get counselling and his father was often away working, trying to make ends meet.

"It's not an excuse, but it helps explain things," Matt says.

Matt and I continue to be friends on Facebook. And we may all get together (him and his brothers) for a beer now that my ears don't burn every time I think of him.

Speedskater an inspiration for local club

► London Speed Skating Club at 316 Rectory St. in the Western Fair Sports Complex



ANGELA MULLINS
@METRONEWS.CA

When Christine Nesbitt's on the ice, local eyes are generally watching.

That was the case this weekend as Nesbitt, 26, set a new world record in the 1,000-metre sprint Saturday at the Olympic Oval in Calgary.

Georgia Makrakos, vice-president of the London Speed Skating Club, said Nesbitt is an inspiration to club members and remains a strong supporter.

"To have someone who skated with the club doing such a great job ... and just being amazing ... is always wonderful for the kids," Makrakos said Sunday.

Makrakos witnessed that power first-hand a few months ago when her son — a 17-year-old speedskater — came home beaming after meeting her.

"They can put a name to a face and sort of see, 'Wow, it is possible to make my dreams (come true),'"

Makrakos said. Born in Australia, Nesbitt spent her formative years skating with the London club and is a graduate of Sir Frederick Banting Secondary School. She left London for Calgary, where she still lives, in 2003.



► Christine Nesbitt celebrates her new world record after skating during the women's ISU World Speed Skating Sprint Championship 1000-metre event in Calgary on Saturday.

Record set in anger

A little anger propelled speedskater Christine Nesbitt to a world record at

the world sprint championship Saturday.

Annoyed by her 500-metre performance earlier in the day, Nesbitt set a cracking pace from the start gun in the 1,000 and

set a time of one minute 12.68 seconds at the Olympic Oval in Calgary.

The 26-year-old from London bettered the previous world record of 1:13.11 set by Canada's

Cindy Klassen in 2006 on the same ice.

"It felt really, really powerful and the first time this year it felt like every single stride, I felt a lot of pressure and power going

into the ice," Nesbitt said.

Nesbitt is the Olympic champion in the 1,000 metres, winning gold at the 2010 Winter Games in Vancouver.

THE CANADIAN PRESS

Club conjures up magical moments



► Cindy Zhao, 5, puts an addition on a castle.

Sunday's Family Day capped off a full week of visits with Disney characters at the Boys & Girls Club.

Children literally took trips through famous stories, with Peter Pan-inspired scavenger hunts, tea parties and races framed

around the movie Cars.

The club has special family days each month as a way to bring parents and children together for playtime. Each event features a special theme with a Hawaiian Beach party coming up soon, staff said.

ANGELA MULLINS

For details

For details on club events, call 519-434-9914 or visit bgclondon.ca.

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News in brief

Fire officials probe blaze

WORTLEY VILLAGE. Fire officials are investigating a blaze in Wortley Village on Sunday morning. Emergency crews were called to a business at

the 200 block of Wortley Road around 9:30 a.m.

Police say it appears the blaze started in a dryer.

Const. Ken Steeves of London police says no one was inside the business at the time. No injuries have been reported.

There is no word on a damage estimate.

AM980/AM980.CA

Knights win on the road

OHL. Max Domi scored three times as the London Knights defeated the host Saginaw Spirit 6-3 on Saturday in Ontario Hockey League action.

Seth Griffith, Austin Watson and Ryan Rupert had a goal each for the

Knights (37-10-1) while Greg McKegg chipped in with three assists.

Josh Shalla scored twice for the Spirit (21-22-5), who lost in regulation for the first time in seven contests, while Jimmy Lodge added a single goal.

London went 0-for-2 on the power play while Saginaw went 0-for-3.

THE CANADIAN PRESS

GRAHAM HUGHES/THE CANADIAN PRESS

'Honourless crime'

► Mohammad Shafia, centre, Tooba Yahya, seen behind him, and Hamed Shafia, left, arrive at the Frontenac County courthouse in Kingston, Sunday.

► Crown attorney in Shafia trial says guilty verdicts are a reflection of Canadian values

Three members of an Afghanistan-born Montreal family were defiant Sunday in the face of life in prison and harsh condemnation for the murders of three daughters and a co-wife apparently motivated by what the judge called their "twisted concept of honour."

A jury took 15 hours to find Mohammad Shafia, 58, his wife Tooba Yahya, 42, and their son Hamed, 21, each guilty of four counts of first-degree murder in a so-called mass honour killing that has captivated Canadians from coast to coast, and touched off post-9/11 criticism of Muslim culture.

"Sir, I did not drown my sisters anywhere."

HAMED SHAFIA, 21

The three immediately pronounced the verdicts as unjust, but the judge was unmoved, cutting right to the core of the cultural cloud that hung over this case.

"It is difficult to conceive of a more heinous, more despicable, more honourless crime," Ontario Superior Court Judge Robert Maranger said.

"The apparent reason behind these cold-blooded, shameful murders was that the four completely innocent victims offended

"We are not criminal, we are not murderers, we didn't commit the murder and this is unjust."

MOHAMMAD SHAFIA, 58

your completely twisted concept of honour ... that has absolutely no place in any civilized society."

The trial heard evidence over many weeks about the bizarre divide in the Shafia family, in which the patriarch struck fear in the hearts of some of his children, though often being away on business. Hamed acted as the surrogate disciplinarian.

"I am not a murderer, and I am a mother — a mother!"

TOOBA YAHYA, 42

The three murdered daughters thumbed their noses at the family rules. The children they did not kill were the ones ratting out their sisters to their parents for bad behaviour, court heard.

It was notions of honour, directly tied to women's sexuality and general control over their behaviour, that led the Shafias to kill, court heard, in an effort to cleanse them of the shame they perceived their daughters

had brought upon them.

The idea that such thinking had not only been brewing in one of Canada's most cosmopolitan cities, but that this "honour" apparently superseded the value of life for the Shafias has shocked many.

THE CANADIAN PRESS

Chronology

Major events before the deaths:

- **1992:** The Kabul-born Shafia family leaves Afghanistan and lives in Pakistan, Dubai and Australia before moving to Montreal in 2007.
- **June 2007:** Shafia family moves to Canada, granted landed immigrant status.
- **November 2007:** First wife Rona Amir Mohammad arrives in Canada.
- **April 2008:** Rona starts a diary, writing that Shafia beat her and Yahya threatened to kick her out.
- **April 17, 2009:** Zainab, 19, the eldest Shafia daughter, runs away to a shelter.
- **May 18, 2009:** Zainab marries her boyfriend but her family convinces her to annul it after a few hours.
- **June 20, 2009:** Someone uses the family computer to search "where to commit a murder."
- **June 22, 2009:** Shafia buys a used Nissan, the one that would be found at the bottom of a canal days later.
- **June 23, 2009:** The Shafia family leaves on a trip to Niagara Falls. They leave Niagara on June 29.
- **June 30, 2009, about 2 a.m.:** Shafia and Hamed check in to two rooms at the Kingston East motel, near Kingston Mills. Ten people were on the family vacation, but Shafia and Hamed take two rooms for six people.
- **June 30, 2009, about 9 a.m.:** Worker finds a car in the locks at Kingston Mills.

Ecstasy overdose patients flood Calgary ER

For each ecstasy overdose being brought to light publicly in Calgary, front-line doctors are treating dozens more with similar, near fatal symptoms.

The discovery of another body in a northeast Calgary residence Sunday raised fears that the total number of deaths linked

to a toxic compound known as PMMA could rise. Police believe the compound is being used in place of standard MDMA in ecstasy tablets following a recent crackdown by RCMP.

Officials also said Friday a sixth individual's death last summer has

been tied to PMMA.

With each reported death, emergency room physicians are also treating a wave of patients reacting negatively to the drug, explained Dr. Mark Yarema, medical director for the Poison and Drug Information Service and emergency room physi-

cian.

"What's been really striking is how hypothermic or elevated the body temperature is of these patients," he said.

"They are also very rigid, we are seeing extensive muscular contraction."

► JEREMY NOLAIS IN CALGARY



More Canadians tapping into tablets: Report

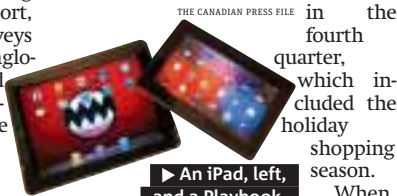
Tablet ownership nearly tripled in Canada last year and will continue to surge in 2012, according to a report by the Media Technology Monitor.

Among anglophones, tablet ownership was at about 11 per cent last fall, up from four per cent in 2010, according to the report, based on surveys of 4,000 anglophones and 4,000 francophones late last year.

Francophone tablet ownership was at six per cent last fall, compared to two per cent in 2010. The report suggests about 72 per cent of all tablets owned by anglophones last year were iPads, but doesn't break down the other 28 per cent.

Last week, Apple reported it sold 15.4-million iPads

17% MTM expects the pace of tablet purchasing will slow somewhat this year, with ownership going from 10 per cent among all Canadians in 2011 to about 17 per cent in the months ahead.



► An iPad, left, and a Playbook.

in the fourth quarter, which included the holiday shopping season. When it comes to watching TV on tablets, the number of viewers was still small. Among francophones, only two per cent of all respondents said they had watched TV on a tablet in the past month, compared to three per cent of the anglophones surveyed. **THE CANADIAN PRESS**

Widening inequality gap left unanswered at WEF

► As the World Economic Forum wraps up, impact of the eurozone crisis globally still feared ► IMF predicts global growth to be less than expected



► A topless Ukrainian protestor is arrested by Swiss police after climbing up a fence at the entrance to the congress centre where the World Economic Forum was taking place in Davos, Switzerland, on Saturday. The activists are from the group Femen, which has become popular in Ukraine for staging small, half-naked protests against a range of issues including oppression of political opposition.

Market moment

TSX	Dollar	Oil	Natural gas
+ 2.18 (12,466.50)	+ 0.1¢ (99.93¢ US)	- \$0.14 US (\$99.56 US)	\$2.68 US (+ 7¢ US)
			Gold \$1,732.20 US (+ \$5.50 US)

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Europe's crippling debt crisis dominated the world's foremost gathering of business and political leaders, but for the first time the growing inequality between the planet's haves and have-nots became an issue, thanks largely to the Arab Spring uprisings, the Occupy movement and other global protests.

The mood at the end of the five-day meeting in Davos, Switzerland, was sombre, and more than 2,500 VIPs headed home Sunday concerned about what lies ahead in 2012. Plenty of champagne flowed in this alpine ski resort — but the atmosphere was flat and the bubbling enthusiasm of some past

World Economic Forums was noticeably absent.

Despite some guarded optimism about Europe's latest attempts to stem the eurozone crisis, fears remain that turmoil could return and spill over to the rest of the world. And there were no answers to the widening inequality gap, but a mounting realization that economic growth must include the poor, that job creation is critical, and that affordable food, housing, health care and education are needed in any solution.

The International Monetary Fund reduced its forecast for global growth in 2012 to 3.3 per cent from the four per cent pace it projected in September.

Davos panels discuss Arab Spring

The possibility of Iran developing nuclear weapons was among top concerns at Davos this year. There were also several panels on the Arab Spring and a session moderated by Schwab with Israeli President Shimon

Peres and Palestinian Prime Minister Salam Fayyad, which demonstrated the deep divisions over getting peace negotiations back on track. The conflict in Syria came up, but wasn't a hot issue. **THE ASSOCIATED PRESS**

"No country is immune and everybody has an interest in making sure that this crisis is resolved adequately."

IMF MANAGING DIRECTOR
CHRISTINE LAGARDE ON THE
EUROZONE CRISIS

Many other economic forecasters also predict a slowing economy, including New York University's Nouriel Roubini, who is widely acknowledged to have predicted the crash of 2008 and who said he might be "even slightly more bearish" on the new IMF forecast. Asia is expected to remain the engine for

global growth though at a slower rate, with China leading the way at more than eight per cent, followed by India and Indonesia.

IMF managing director Christine Lagarde warned that the eurozone crisis is not the region's problem alone. The IMF is the world's traditional lender-of-last-resort and Lagarde is trying to increase its resources by \$500 billion US so it can help if more lending is needed.

European countries have said they're prepared to give the IMF \$150 billion, but that means the rest of the world will have to come up with \$350 billion.

THE ASSOCIATED PRESS

Speak up

► For the first time, the forum invited about 60 "Global Shapers" — young leaders under 30 — to address issues confronting the generation that will be running the world in

decades to come.
► Among the younger generation was Chelsea Clinton, daughter of the former U.S. president, who moderated a panel on philanthropy, and philanthropist Howard Buffett, son of Warren Buffett.

Bids out for Maid of the Mist operator

► Unclear how new operator would affect the U.S. ► Maid of the Mist holds contract with U.S. until 2042

Deliberations in Canada over the future of the Maid of the Mist sightseeing boats at Niagara Falls are being closely watched in the United States, where elected and tourism officials want to avoid disruptions to an iconic draw that brings millions of visitors to the Falls each year.

The double-decker boats ferry people from both sides of the Niagara River to the base of the Horseshoe Falls under separate agreements with New York state and Ontario. The tours have run since 1846.

The Niagara Parks Commission, an arm of the Ontario government that controls the land and buildings around the Canadian falls, approved a 25-year contract with the Maid of

2M The Maid of the Mist tours attract more than two million passengers yearly. They bring in a regular celebrity clientele that has included Marilyn Monroe, Diana, Princess of Wales, and former U.S. president Jimmy Carter.

the Mist Steamship Co. in 2008. But the lack of competition for the deal drew criticism, so the commission called for bids from competing boat tour operators for the first time.

The multimillion-dollar bids are under review; the commission is expected to make its recommendation to Ontario's tourism minister in February, though at



► A group of tourists brave opening day on the bow of the Maid of the Mist at the base of the Horseshoe Falls, Niagara Falls.

one point it had anticipated choosing a company by the end of last year.

"We're happy that it's thorough because it's a decision that's very important," said the parks commission's interim chairwoman, Janice Thom-

son. She declined to say how many bids were submitted.

The effect that a change in operations in Canada would have on the tour boat business across the river is unclear. Among concerns is whether a new

company would allow the Maid of the Mist to continue to store its boats on the Canadian shore in the off-season. Space is short on the U.S. side.

Sen. Charles Schumer has asked Premier Dalton McGuinty to ensure that

the Maid of the Mist continues to have access to the Canadian docks and storage. And Sen. Kirsten Gillibrand also has sought assurances for the American business, which provides 150 seasonal jobs.

THE ASSOCIATED PRESS

Another \$117M invested into EcoEnergy

The federal government will spend an additional \$117 million over three years on its EcoEnergy Efficiency Initiative, Natural Resources Minister Joe Oliver announced Sunday.

The program is meant to encourage consumers and companies to cut their energy use. It calls for new labelling, benchmarking, training and information-sharing tools to help improve energy performance in all sectors.

"Improving energy efficiency saves energy, creates jobs and increases energy security," said Oliver.

The investment is in addition to the \$78 million announced last September.

THE CANADIAN PRESS

Domain names set to host French accents

French accents could soon be allowed in Internet domain names ending with .ca. The Canadian Internet Registration Authority launched the final phase

of a consultation process into the move last week. Accents on French characters are expected to be permitted in Canadian domain names within nine to 18 months. Kathryn Reynolds of the Internet Registration Authority says the move is part of a worldwide shift.

THE CANADIAN PRESS

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250K The Minister also announced that the popular EcoEnergy home-retrofit program had successfully reached its goal of 250,000 registered homeowners. The program is no longer accepting new registrations, he said.

sweat of the month

from the Just Sweat Team

Q. What is a healthy breakfast that I can make in a hurry?
A. It is important to have a protein dense breakfast with high fibre and good fats. If you need all this in a hurry you can't beat Greek yogurt. One serving (3/4 cup) of plain, non-fat Greek yogurt has 18-21 grams of protein. The same amount from regular yogurt is about 6-9 grams of protein. Why waste your time with that. I would suggest Greek yogurt with a handful of berries for fibre, ground flax for rich omega 3 fatty acids and some nuts for omega's 3, 6 and 9. If you're having this breakfast before a workout throw in some natural cocoa powder to increase blood flow. Three minutes and you have a super power breakfast. See nutrition and fitness ideas monthly. Email me at tararobbins@justsweat.ca and we'll post your suggestions. Enjoy!

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A WESTERN CLASS FOR THE AGES

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METRO LONDON



When the city put out a call last summer for volunteers to join an age-friendly task force, their advertisements targeted an older audience. After all, seniors and the baby boomer generation will benefit most from the task force's resulting three-year action plan.

But it was a group of young faces that stood out at this month's Age Friendly London meeting at the Kiwanis Seniors Centre. Tim Grainger, Elisha Greenham, Oksana Kubach and Jerry Pan, all undergraduate health sciences students at Western, presented their findings from a four-month long project they completed as part of their fourth-year gerontology-in-practice class.

"It was really quite fulfilling," said Grainger of the experience. "After our presentation, it seemed that some of our ideas were well-liked by the task force, so here's hoping they implement some of them."

Donna Baxter certainly thinks they will. Baxter, who works in neighbourhood and children's services at city hall, served as a liaison with the students throughout the project.

"You could see they were passionate right from the beginning," she said. "It was more than just an assignment for them, and I think it went really well. They produced a really useful document that will be able to point the task force in the right direction."

The project involved finding best practices around the world in the eight key age-friendly areas designated by the World Health Organization (WHO), which include things like transportation, housing, respect and social inclusion, and community support and health services.

The ideas immediately embraced by the task force included a volunteer-based program called Snow Angels, which allows older adults to contact a hotline if they require assistance with snow removal. Another was an Age-Friendly Business Initiative, in which the city would publicly accredit stores and businesses with age-friendly status when achieving a certain score on a checklist including items such as safety, comfort, visibility, clarity, etc.

Their gerontology in practice class is now over, but Grainger says all four group members have decided to continue attending task force meetings, which are open to all and will run through June.

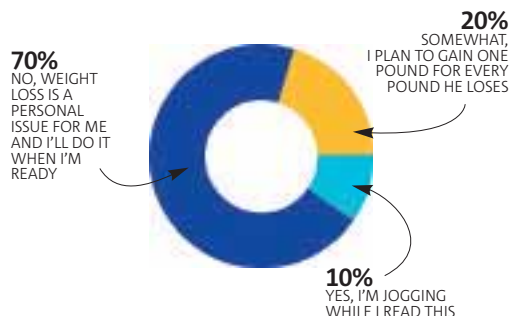
"It's been an enriching experience working with that population," he said. "And I don't think of it so much as helping out the older generation, but rather giving back. Because essentially, they gave us what we have today."

For more information on Age Friendly London, visit london.ca.



Register at
metropolitanpanel.ca
and take the quick poll

Are you answering Toronto Mayor Rob Ford's weight-loss challenge?



Local tweets



- **@BrianBlatnick:** Can you get a ticket for using your phone "while driving" when you've been stopped by a train - just curious, I'm not doing it?! #ldnont
- **@sngai:** woke up to a bed full of sparkles from my dress #charityball #uwo
- **@husaynmarani:** 364 days until Charity Ball 2013. The wait is killing me! #westernu
- **@MakesHistory:** Wish I was playing football with the boys today #westernu #pats
- **@PauloPanic:** On the train

- now with @davidfig79. Let the food and alcohol flow! #TO to #ldnont @VIA_Rail
- **@stephvarriano:** Currently serving Joe Fontana his espresso nbd #ldnont
- **@MikeMarsman:** Don't curse the media for reporting on it, blame the idiots doing it. I grew up EOA, bad things that way are no surprise to me. #ldnont
- **@JasonFredin:** Is there any way to find out how many people are on twitter locally? #ldnont
- **@MsDeeMinaj:** Good luck to my baby @mwaite14 on his last regular season home game...no crying allowed on the court! #UWO #MustangVolleyball

Daily Zoom

Tough Guy, eh?



Survival of the fittest

A competitor is seen after walking through fire at the annual Tough Guy event in Perton, England, on Sunday.

Tough Guy claims to be the world's most demanding one-day survival ordeal. First staged in 1986, it has been widely described as "the toughest race in the world," with up to one-third of the starters failing to finish in a typical year.

THE ASSOCIATED PRESS

Macho, macho man

- The annual event challenges thousands of international competitors in a cross-country run, which is followed by an obstacle course consisting of water, fire and tunnels.
- An unidentified competitor, pictured below, crawls under barbed wire.



Harry Potter grows up

► With the beloved wizard franchise behind him, Daniel Radcliffe looks forward to growing as an actor ► He drops the wand and takes on the role of a lawyer in *The Woman in Black*



**RICHARD
CROUSE**

SCENE@METRONEWS.CA

"Normally," says Daniel Radcliffe, "I hate watching my movies and hate watching myself."

Why, then, did he sit through his new film, *The Woman in Black*, during its Canadian premier last week in Toronto?

"The last time I will watch it was last night," the former Harry Potter told me the next day.

"I've picked this apart enough now. I don't need to watch it any more."

"The line between self-critical and self-hating is blurred."

"Normally when I watch my stuff, I say, 'I don't like that but I don't know what to do about it,' but last night I was watching and thinking, 'Oh, this is how that could be improved.'"

Despite being one of the most beloved actors on the planet and the star of some of the highest grossing films of all time, Radcliffe isn't content to rest on his laurels.

"I know I have a long way to go as an actor," he says.

"I'm 22 and at the stage when most actors would be coming out of drama school but because I've got 10 years of experience on a film set I think people expect me to be more complete, perhaps, than I am."

"I think that there are some things I do really



► Daniel Radcliffe stars in *The Woman in Black*, coming to theatres Friday.

well and some things I see and go, 'OK, I know how to fix that now.'"

One thing he can't change is the way his fans respond to him.

"It's kind of part of my life," he says of the fandom that follows wherever he goes.

"The thing you have to remind yourself is that it is not about me."

"It's about the fact that

I played this character, which became beloved and anyone who took on that character would be getting this reaction."

"The fact that I'm now getting it on my own away from the series is very gratifying, although it is still kind of residual from Potter, unless they are fans of that and of me."

"You just have to laugh

at it and have a sense of humour about it."

"As I said to you, when I'm at home, smoking a cigarette and it's cold and I'm in my Canada Goose jacket eating half a pizza, those are the moments you have to take a picture of yourself and play it to yourself when you are on the red carpet and go, 'Yeah, yeah, yeah, you're not all that, really.'"

Daniel Radcliffe

► **Born:** July 23, 1989 in London, England

► **Early roles:** When he was just 10, he took the role of a young David Copperfield in the television series *David Copperfield*. He also starred in *The Tailor of Panama* in 2001.

2
scene

Box office



The Grey topped the weekend box office with \$20 million, continuing Liam Neeson's success as an action star. Also opening were *Man on a Ledge* and *One for the Money* with Katherine Heigl. *One for the Money* took home \$11.8 million, while *Man on a Ledge* opened with \$8.3 million. *Underworld: Awakening*, came in second with \$12.5 million.

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Forget the romance rumours, let's just focus on the film

► **Bradley Cooper, Zoe Saldana celebrate the premiere of their Sundance-closing film, *The Words***

DANNY MOLOSHOK/THE ASSOCIATED PRESS



► Actor Bradley Cooper, from the film *The Words*, poses for a portrait during the Sundance Film Festival in Park City, Utah, last week.

Bradley Cooper and Zoe Saldana came to the Sundance Film Festival to promote their closing-night film, *The Words*.

The two actors play a married couple in the movie, which follows an aspiring writer who gains fame when he finds an old manuscript and passes it off as his own.

The pair avoided any appearance of their reported off-screen romance by staying apart from one another while posing for photos and giving interviews to support the film. Saldana did affectionately touch Cooper as they passed in a hallway, though.

Both had been to Sundance before, where snow fell throughout the festival and the weather dipped into the teens. Still, Saldana maintained her fashionista edge.

"I did bring warm stuff but I also brought fashion-y stuff. Come on. You've got to pay the price, even if it's too cold," she said.

The 33-year-old actress wore green suede shoes with spiked stiletto heels despite the slushy conditions.

Word up

► *The Words*, which also stars Dennis Quaid, Jeremy Irons, Ben Barnes and Olivia Wilde, premiered Friday. It was acquired early in the festival by CBS Films, which plans to release it theatrically in the fall.

"They're kind of fabulous. They're also lethal. So I have to be really careful, and somebody has to be careful not to piss me off," she said with a smile. "Yeah right. I'm just trying not to fall. It's like, 'Please don't fall. Please don't fall,' when I'm walking."

Cooper's first time at the festival was 12 years earlier with the eventual cult comedy hit *Wet Hot American Summer*.

"I wasn't even able to get into the screening," he recalled.

Saldana said playing Cooper's wife in *The Words* made her think about how she approaches relationships and the concept of unconditional love.

"Like how unconditional am I when I'm in love.

Do you bypass certain things? Would I be able to be with a man — or with someone — that feels incomplete, doesn't matter what we do?" she said.

"If we change this, if we get married, if we have a baby — just someone that feels incomplete. Would I be able to deal with that for so many years and accept them as who they are and go, 'Come as you are. This is who I fell in love with and I don't want to change you?'"

"I'm not like that, which is why I wanted to play her, because it was a challenge, you know. Look at me, I totally said I'm not unconditional at all. So awful."

Cooper's part as author-plagiarist Rory Jansen is his second writerly role after playing a novelist in last year's *Limitless*. But that's just coincidence, he said. Despite having a degree in English, the 37-year-old actor says he typically only writes in his "girling."

"Journal, sorry," he said. "That's a 'Wet Hot' reference. Paul Rudd says that."

THE ASSOCIATED PRESS

Put a ring on it, Brad

► Not only are the Jolie-Pitt kids incredibly cute, they're apparently pretty persuasive too ► Brad's kids pressuring him to seal the deal with Angelina

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



After almost seven years together, it looks like Brad Pitt and Angelina Jolie might make it official.

The royal couple is abandoning their original plan to wait until gay marriage is legal in exchange for some peace and quiet around the house.

"We're getting a lot of pressure from the kids," Pitt admits in an interview with CBS Sunday Morning that aired yesterday. "It means something to them."

It seems their six-pack — count 'em: Maddox, Pax, Zahara, Shiloh, Knox and Vivienne — have been telling him to "get Mommy a ring" and he's promised, "OK, I will! I will!"

So, just to sum it up:



► Angelina Jolie and Brad Pitt

When pressured by six young children to buy a diamond for a woman who has let him stick around since 2005 without one, Brad Pitt runs his strong, rugged hands through his shiny blonde

hair and says, "Sure kids, why not."

Angelina, we don't know what you did to this man, but we're impressed. MONICA WEYMOUTH WROTE MONDAY'S THE WORD. DOROTHY ROBINSON WILL BE BACK TUESDAY.

Russell isn't playing nice

Russell Brand hasn't been wasting any time.

Less than a month after filing for divorce from Katy Perry, Brand is reportedly already seeing multiple women — and bad-mouthing his soon-to-be ex-wife to them, according to Us Weekly.

"He's spoken terribly about Katy

to them," one source says, adding that Brand is particularly interested in one of the new women.

"He told her he wanted her to move in with him after the divorce is final."

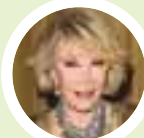
And worst of all, even Perry can't avoid the gossip.

"She discovered through her friends," a source says. "One of the women told a friend of hers and it got back to Katy."

► Russell Brand

Celebrity tweets

@Joan_Rivers



Demi Moore's health seems to be

improving! An hour after being rushed to the hospital she was already cruising the pediatric ward for dates.

@MCHammer



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WHO Report



Advocates say Canadians and their governments must take action to tear down barriers that hurt people with disabilities.

The plea came Friday with the Toronto launch of a report by the World Health Organization (WHO) and World Bank.

The World Report on Disability suggests that more than one billion people in the world today experience disability and their barriers are many.

WHO's Tom Shakespeare, one of the report's authors, points out that in Canada — as in many high-income countries — disabled people are twice as likely to be unemployed and face many other barriers that leave them feeling excluded.

THE CANADIAN PRESS



After surviving cancer, 10-year-old cat gets new knee and chance at more pain-free life

Tattooed 10-year-old

THINKSTOCK

► In Georgia, a mother has been arrested for allowing her child to get a tattoo ► Before you judge, read the details recounted by one Mommyish blogger

When I first read that a mother in Acworth, Ga., allowed her 10-year-old son to get a tattoo, I thought, "A tattoo, people?! On a 10-year-old!"

Then I discovered that the tattoo is actually in memory of the boy's older brother, Malik, who was hit and killed by a teenage

driver at age 12. The 10-year-old, Gaquan, was with his brother when he died.

That was a couple of years ago now, but he recently told his mom, Chuntera Napier, that he wanted to get a tattoo as a way of honouring Malik's memory. (Gaquan has several tattoos of her own in her late son's memory.)

"My son came to me and said, 'Mom, I want to get a tattoo with Malik on it, rest in peace.' What do I say to a child that wants to remember his brother?" Napier told the local TV station.

She claims she didn't know it was illegal for a 10-year-old to get a tattoo, and so she took her son to a tattoo artist, who gave the boy a tattoo featuring Malik's old jersey number. As Napier explained, "It made me feel good to know that he wanted his brother on him."

Gaquan then returned to school, where someone noticed his new ink and called authorities. Napier is now facing child cruelty charges because it's illegal for anyone under 18 to get a tattoo, even with their parent's consent.

"We hope that they can



► Would you let your child get a tattoo?

find something that can sustain them through that loss, but this is not the way. It is illegal and it's something that we were bound by the law to investigate and to prosecute,"

said Acworth police chief Mike Wilkie. (They're also investigating the tattoo artist.)

I don't think there's ever justification for permanently inking a child,

though my heart just breaks for this family who suffered such a tragic loss. Napier is set to appear in court in March.

CONTRIBUTED BY SHAWNA COHEN OF MOMMYISH.COM.

Double take

► Pink and Green Ribbon campaign ties breast health to environment

After spotting the Pink Ribbon logo on packaging for chemical-laced household cleansers and candy with artificial colours, environmental consultant and biologist Julie Budgen decided to mix the cause with a more green approach.

With friends, she stitched up a twist to the popular movement and created the Pink and Green

Ribbon campaign. The grassroots initiative bloomed, and its Canmore, Alta.-based founders put efforts into cancer prevention through education.

Their two-pronged approach involves maintaining healthy breasts while raising awareness about environmental factors potentially related to disease. Volunteer directors include

THE CANADIAN PRESS/ DARYL DYCK



► Ayisha Remtulla

a naturopath and a doula, and more advice comes from longtime naturopaths who specialize in breast health.

Supporter Ayisha Remtulla believes women can proactively participate in

their own health.

"Growing up, we learn simple things like how to take care of our teeth, what happens when you get your period," said Remtulla, an occupational therapist and campaign volunteer in Vancouver. "But we never learn how to take care of our breasts — that's the one thing nobody ever talks about."

The 29-year-old was close to three women who died from breast cancer. She knows another two who were treated and recovered.

Remtulla shaved her head last April to raise money for the campaign.

To keep the momentum rolling, the campaign has launched a competition asking women aged 17 to 30 to submit creative four-minute or shorter videos that highlight pink-and-green values.

Two scholarships of \$1,000 each will be awarded for the best videos, and entries are encouraged from around the globe. Submissions will be posted on Twitter, Facebook and pinkandgreenribbon.com, the website that provides a library of resources illustrating strategies they believe any woman can use.

THE CANADIAN PRESS

Go chunky or go smooth

► With its combination of hearty vegetables, both soups are delicious

Chunky or Creamy Veggie Soup



► Whether chunky or creamy, this soup serves 4 to 6.

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA



If you don't have broccoli and cauliflower, simply use one or the other.

You could also use chopped zucchini or assorted peppers.

Preparation:

- 1 In a soup pot, heat oil over medium heat and cook onion, garlic, carrots, celery, thyme and curry powder 5 mins. or until veggies are softened. Stir in broccoli and cauliflower, tomatoes and potato. Add broth and bring to boil. Cover and simmer for about 20 minutes or until vegetables are tender.

- 2 Ladle into soup bowls or, alternatively, ladle into blender and puree in batches until smooth.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 1 tbsp (15 mL) olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 cup (250 mL) chopped carrots
- 1/2 cup (125 mL) chopped celery
- 1 tbsp (15 mL) chopped fresh thyme
- 2 tsp (10 mL) curry powder
- 4 cups (1 L) chopped broccoli and cauliflower
- 1 cup (250 mL) grape tomatoes
- 1 potato, peeled and diced
- 4 cups (1 L) chicken broth

► Subtle herbs compliment the rich-and-creamy mushroom flavour in this delicious soup ► Serve it with a crusty roll or a baguette for dipping

Soups are a perfect part of winter days and Cream of Mushroom is a big favourite for many.

It's easy to make at home with fresh mushrooms that are always local and tasty

Preparation:

- 1 In large heavy soup pot, melt butter over medium heat; cook mushrooms and Italian seasoning for about 10 minutes or until most of the moisture from

mushrooms has evaporated. Sprinkle flour over mushrooms and cook, stirring for 1 minute. Slowly stir in broth; bring to boil, stirring constantly. Add green onions and bay leaf; reduce heat and cover. Simmer for 20 minutes. Remove bay leaf.

- 2 In small bowl whisk egg yolks with cream; whisk in 1 cup (250 mL) of the hot broth into cream mixture and then slowly stir into saucepan. Heat over low heat for about 5 minutes or until hot do not allow to boil.

- 3 Using a hand blender (or food processor),

blend soup until it has reached the desired consistency. Add salt and pepper to taste. Serve sprinkled with parsley, if desired. **NEWS CANADA/ ADAPTED BY EMILY RICHARDS (A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.)**

NEWS CANADA

Cream of Mushroom Soup



► This soup serves eight.

Ingredients:

- 2 tbsp (30 mL) butter
- 2 lb (1 kg) fresh mushrooms, thinly sliced
- 1/2 tsp (2 mL) Italian herb seasoning
- 1/3 cup (80 mL) all purpose flour
- 6 cups (1.5 L) chicken broth
- 1/4 cup (60 mL) chopped green onions
- 1 bay leaf
- 2 egg yolks
- 1/2 cup (125 mL) 5% light cream
- Salt and pepper
- 2 tbsp (30 mL) minced fresh parsley (optional)

Rose Reisman's Choose It And Lose It

Salads are always disguised as the healthier choice, since vegetables are "free foods." But additions can destroy any health benefits.



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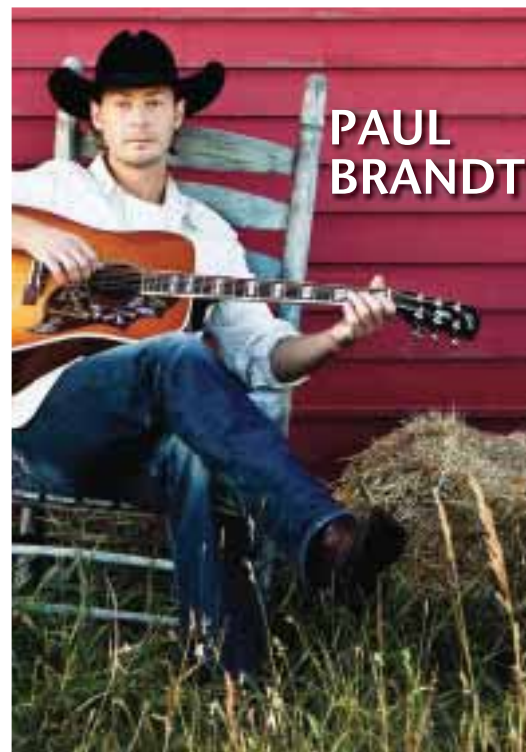
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JEG

'You can have it all'

► Mary Morassutti did a career 180 at age 35 and hasn't looked back since

TURNING POINT

TERESA KRUIZE
LIFE@METRONEWS.CA

Mary Morassutti was 35 years old and at the top of her profession, directing and shooting television shows all over the world. Married and expecting her first child, she reached a turning point and knew she'd have to leave her job because of the grueling travel schedule.

"I knew I was going to

Mary's tips

An entrepreneur's thoughts on business

- Focus on what you're doing and what you want to do.
- Compete with yourself not others. Then you'll be better.
- Think outside of the box. Find what makes you unique and different and why they would want to work with you.
- Practice your elevator speech. Be able to explain what you do in 30 seconds. If you confuse the person you're pitching to then you've lost them.
- There's no fast fix. Take time to figure out what you want. Once I realized what I wanted to do the "how" came to me because I put myself in the right direction.



► Mary Morassutti, CEO of mk strategic, executive managing director of eWomenNetwork and happy mother of two children.

reinvent myself and I didn't realize how much my identity was tied into my career. I felt I was floating in the abyss and couldn't find my feet."

Mary asked a female

colleague who had also faced the same situation. She was blunt when she told her, "The best gift you can give a child is a happy mother".

Today, Mary runs her

"I knew I was going to reinvent myself and I didn't realize how much my identity was tied into my career."

MARY MORASSUTTI

own business development and marketing company called mk strategic and is an executive managing director of eWomenNetwork.

"Find out what makes you happy and how you can bring both worlds together. I've met some incredible women who are juggling everything and still doing great work. You can have it all."

Did she follow her colleague's advice?

"Yes," she says with a smile, "I'm a very happy mother."

Find counsel on your campus

► Struggling with studies? ► Seek out your school's learning centre



► It helps to talk through the tough times of your academic life.

JUDY WEIGHTMAN
LIFE@METRONEWS.CA
MWN IN PHILADELPHIA

There are two areas where students can need help with their schoolwork: help with specific subjects and help with study skills.

The learning centre at your school likely has resources for both.

Community College of Philadelphia, for instance, has tutoring available on all its campuses. Dr. Megan Fuller, an assistant professor in the Learning Labs explains, "We have full-time faculty, non-student tutors who have either associate's or bachelor's degrees and peer tutors who have successfully taken the class they're tutoring."

These staffers provide both one-on-one tutoring and group sessions that meet once a week or more. Students are welcome to check out both to see what works from them.

"If you aren't getting what you need from a tutor, don't just give up, ask to see someone else," Fuller says.

The college also offers workshops in study skills like time management, note-taking and exam anxiety.

"Time management is crucial for everyone," emphasizes Dr. Nancy Mott, director of learning support

Expert advice

Nancy Mott, director of learning support services at Villanova University, says:

- "Don't be afraid to ask for help. It isn't a sign of weakness — it's a sign of intelligence and strength. Find out early what's available, and get to know your professors, as well."
- Visit your school's website to find out what services your school has to offer.

port services at Villanova University, "but especially for nontraditional students, who have job and family obligations as well."

She recommends using whatever planner you're most comfortable with, whether that's an electronic gadget or an old-fashioned paper calendar. Make sure you've always got your planner with you, enter all of your assignments and obligations as soon as you know them and keep track of the big picture.

"Contact your school to see what services and resources are available," Mott says.

"Don't wait until the last minute," Fuller agrees. "If you're having problems, come in and let us help you find the solution that works for you."

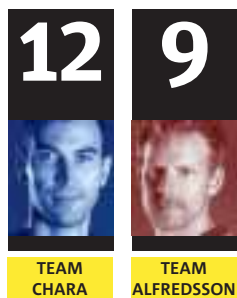
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Blasts from the past

► Pair of former Senators spark Team Chara to 12-9 all-star win over Team Alfredsson



The NHL all-star game was supposed to be all about Daniel Alfredsson and his Ottawa teammates, but it was ex-Senator Zdeno Chara who had the last laugh.

The Boston Bruins captain had the game-winner as he and another former Senator from Slovakia, Marian Hossa of the Chicago Blackhawks, scored 16 seconds apart in a six-goal third period to lead Team Chara to a 12-9 victory over Team Alfredsson 12-9 on Sunday.

"That was my first shot," said the six-foot-nine Chara, who went in alone to snap a shot past Brian Elliott, who was bombed for six goals on 19 third-period shots. "Early on, (the game) was really loose but as we were going to the end you could see that guys wanted to win."

"That's the way it goes some times at the all-star game."

Prime Minister Stephen Harper chatted in the



► Marian Hossa of Team Chara scores a goal in the third period against Team Alfredsson's Brian Elliott.

stands with league commissioner Gary Bettman through much of a wide-open game. They saw Team Chara lose the lead four times only to pile up an insurmountable total in the third with goals from Phil Kessel, Jarome Iginla, Hossa, Chara, Corey Perry and the second of the game by Joffrey Lupul.

They didn't need the notable absentees, the injured Sidney Crosby and the hold-out Alex Ovechkin, to score in bunches.

Marian Gaborik had a hat-trick, while Evgeni Malkin and Patrick Kane had the other goals for Team Chara.

Alfredsson scored twice, while Jason Spezza, Henrik Sedin, John Tavares, Jason Pominville, Milan Michalek, Claude Giroux and Daniel Sedin scored for Team Alfredsson.

The Scotiabank Place crowd of 20,510 was chanting "Alfie" as the Senators captain scored twice late in the second

period to tie the game 6-6, but despite pushing hard and getting a handful of chances, he could not complete the hat-trick against Boston goalie Tim Thomas.

"I didn't try at all to score in the third," Alfredsson said in mock denial.

Alfredsson admitted he was moved by an outpouring of support and accolades from fans and other players over the four-day all-star break in what has become his home city.

"It's been surreal, almost like walking on Cloud 9," he said.

"It's not an accomplishment this week, but more a celebration of what I've done before."

"I'm really thankful for that. It's been almost overwhelming, to be honest."

Even Chara, who played seven seasons in Ottawa, was pulling for Alfredsson in the third.

"Alfie's such a classy guy," he said.

THE CANADIAN PRESS

4

sports

Quoted



"We made history tonight and, unfortunately, there couldn't be two winners."

NOVAK DJOKOVIC, WHO OUTLASTED RAFAEL NADAL OVER FIVE HOURS 53 MINUTES TO WIN A THIRD AUSTRALIAN OPEN TITLE ON MONDAY. IT WAS THE LONGEST GRAND SLAM SINGLES FINAL IN THE HISTORY OF PRO TENNIS.

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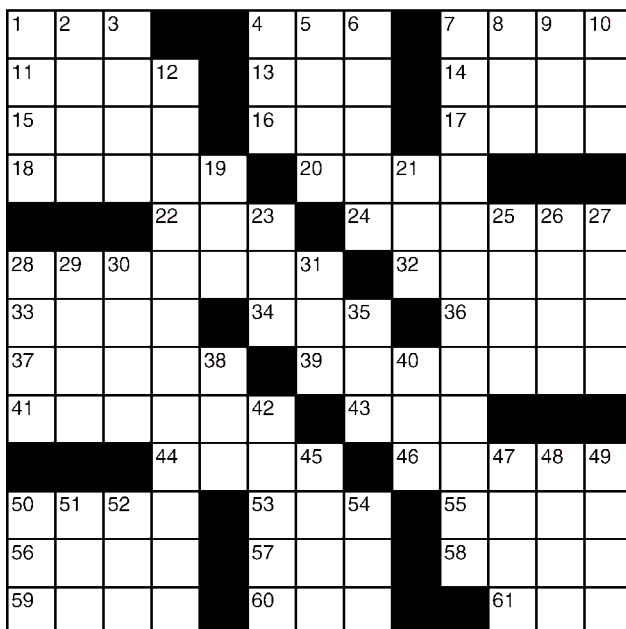
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Crossword

Across

1 Demon
4 That woman
7 Banshee's cry
11 Bridle strap
13 Church seating
14 Without acting
15 Greek vowel
16 Exist
17 Apportion (out)
18 Honey bunch?
20 Highland hillside
22 Cage component
24 Machine-gun by plane
28 Wheedled
32 Olympics award
33 Acknowledge
34 Used a shovel
36 Supermarket stack
37 River embankment
39 Varied
41 California city
43 Hawaiian garland
44 Prisoner's room
46 Oust
50 Leaping insect
53 Slight touch
55 See 45-Down
56 Freeway access
57 — out a living
58 Reddish horse
59 Chills and fever
60 Butterfly catcher
61 "To be or — to be"



8 Commotion
9 Under the weather
10 Caustic solution
12 Cliffhanger, often
19 Wire measure
21 \$ dispenser
23 Foundation
25 Hebrew month
26 Bleacherites
27 Otherwise
28 Young bovine
29 State with certainty
30 Jupiter's alias
31 Flop
35 Hodges of base-

ball lore
38 Away from WSW
40 Geese's formation
42 Bygone
45 With 55-Across, War of 1812 battle site
47 Press
48 "Arrivederci"
49 Bivouac shelter
50 Monk's title
51 Trail behind
52 Ostrich's cousin
54 Wager

► Friday's answer



Down

1 Eye part
2 Cat's call
3 Pocket bread
4 Hot tub
5 KFC flavourer
6 Basin accessories
7 Football position

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►

9	5	6	2	8	3	1	7	4
4	1	3	7	5	9	8	2	6
2	8	7	4	6	1	3	5	9
7	4	9	3	2	8	6	1	5
6	2	1	5	4	7	9	8	3
8	3	5	9	1	6	7	4	2
1	7	4	6	9	5	2	3	8
3	9	2	8	7	4	5	6	1
5	6	8	1	3	2	4	9	7

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You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

yes, i love you! bye for now, thinking of you always....

DUHH

My passionate, far away prince charming, my sweet darling, I will try to take care of my challenging and boring life! My love, I wish I could be with u right now, every time I think of you, I feel butterflies inside... I just wanna send you a passionate kiss for now... love you forever ...

YOUR PASSIONATE, DRAGON PRINCESS

Gal, If i were your wife i would feed you be a chubby boy never leave me a second eating talking walking have fun all the time.

DUDE

dude, okay i have a confession,, i can cook,, just like to pretend so others cook for me,, yupp i play stupid,, its kinda fun,, but sometimes im really blonde,, no lie.

GAL

Today's horoscope

♈ Aries March 21-April 20

Has someone taken advantage of you? Maybe, but more likely you are overreacting.

♉ Taurus April 21-May 21

This could be a hectic week and most likely you'll find yourself rushing all over the place without getting much done.

♊ Gemini May 22-June 21

There are many ways to impress people, but working yourself into the ground isn't one of them.

♋ Cancer June 22-July 22 Put yourself out there and let the world see what star quality looks like. You won't be short of interesting offers.

♌ Leo July 23-Aug. 23

Try not to be too eager today.

♍ Virgo Aug. 24-Sept. 22

A loved one seems to be in an emotional mood at the moment. All you can do is be there for them when they need a shoulder to cry on.

♎ Libra Sept. 23-Oct. 23

You really don't have to explain your actions or your motives to anybody.

♏ Scorpio Oct. 24-Nov. 22

The more someone tries to tell you that something cannot be done the more determined you will be to prove them wrong.

♐ Sagittarius Nov. 23-Dec.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

21 No matter how negative a picture certain people may be painting of your current situation, all you need to know is that they are wrong.

♑ Capricorn Dec. 22-Jan. 20

Anyone who expects you to stay in one place over the next few days is going to be disappointed.

♒ Aquarius Jan. 21-Feb. 18

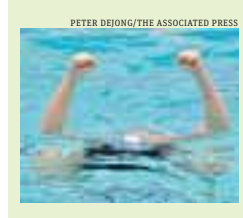
In a matter of days you'll be back in the money.

♓ Pisces Feb. 19-March 20

It seems you are having to react to one crisis after another of late. Is there an end in sight? Yes, of course there is.

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Caption contest



You write it!

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